

AMENDMENTS TO THE SPECIFICATION:

Please amend the Abstract, found on page 19, as noted below. A clean copy of the amended abstract is attached to this paper following page 9.

~~The present invention aims at providing a footwear which is not only suited for improving and enhancing a sports ability required principally for human leg portions, but also suited for preventing a poor bodily functions caused by a lopsided weight in human foot portions.~~

A sole 12 of shoe 10 has a thickened portion defined at an area thereof where a base of toe of user's foot is to be positioned. **~~Provided to such area of the sole where the base of toe of human foot is to be positioned is an~~** An engagement is member 30 adapted for allowing a rotating adapter 20 to be releasably engaged therewith. **~~Further, in~~** In an inner surface of the shoe 10, there are provided: a slope inclined, as indicated by the line LA, such that a side thereof near to the heel side 16 is low; and a slope inclined, as indicated by the line LB, such that one side thereof on which a big toe of user's foot is to be positioned is lower than another side thereof on which a small toe of user's foot is to be positioned. **~~Furthermore, the~~** The sole 12 is formed with a sloped surface 18 which extends from an area of the sole at which the base of toe of user's foot is to be positioned, in a direction toward a toe side 14. **~~If the~~**

~~rotating adapter 20 is engaged with the footwear and then a user wearing such footwear stands up, the user can take a rotating exercise or an exercise like a twist dance. When the rotating adapter 20 is not connected with the footwear, the user wearing the footwear has to walk by shifting his or her weight in a direction from the heel side 16 to the toe side 14 or vice versa, while maintaining his or her weight in a direction inwardly of the foot, as well. Hence, required muscle portions of the user can be used in a balanced way, thereby making it possible to effectively enhance a muscle force and also effectively stretch the muscles.~~